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OF PHYSICAL CULTURE

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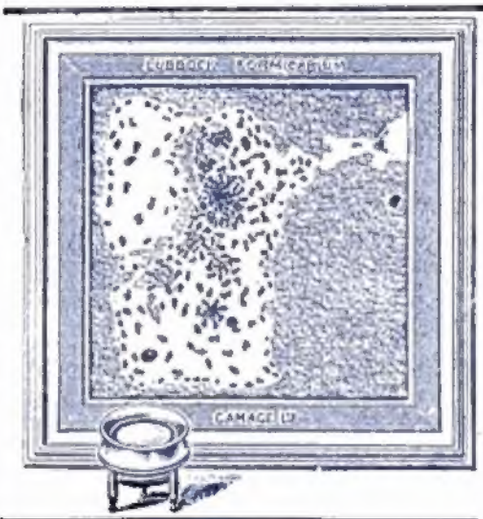

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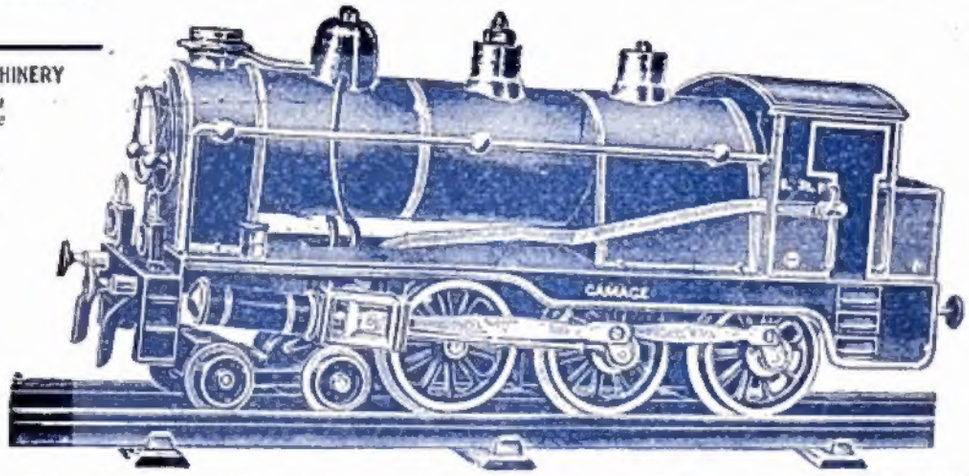

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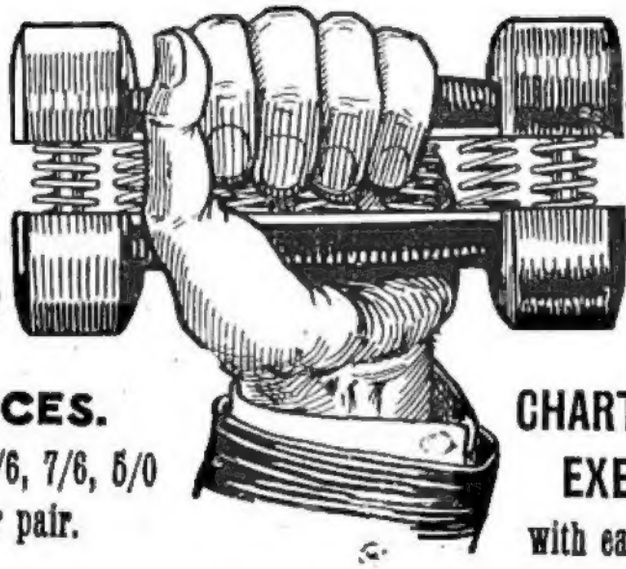

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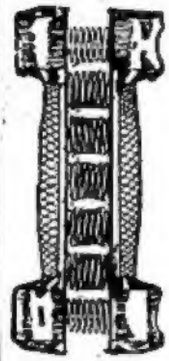

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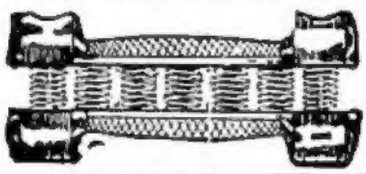

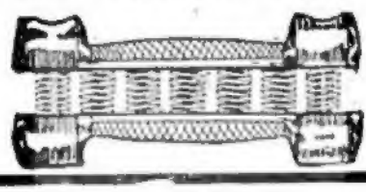

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10. Is there any ear discharge?_____
11. Can you hear a watch tick?_____
12. How far from right ear?_____
13. How far from left?_____
14. How long have you been deaf?_____
15. In which newspaper did you notice this announcement?_____

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(Est. 1898). VOL. XVI. No. 9. MARCH 1, 1906.

SANDOW'S MAGAZINE

... OF ...

PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

I trust to see every phase of the question of physical education carefully considered, and, if possible, dealt with, by the present House of Commons. A more virile Parliament probably never sat at Westminster, and, on the subject of physical education, I hope it will live "in deeds, not words; in acts, not figures on a dial."

A step in the right direction has already been made, and, on behalf of the Parliamentary Committee of the Trade Union Congress, Mr. W. Thorne, M.P., has been instructed to ballot for a place for a bill "to promote the improvement of education and the physique of the children attending elementary schools."

o——o

The Bill asks that (1) each education authority shall provide at least one free meal a day for children attending the schools in their respective areas; (2) each education authority shall take steps to record the height, weight, and chest measurement of children attending elementary schools, and shall furnish the first returns thereon to the Board of Education not later than 1906; (3) each education authority shall appoint a medical officer, whose duty it shall be to medically examine, and to treat, such children as the teachers may consider in need of medical advice. All of which I sincerely hope will be quickly placed upon the statute book.

o——o

The people's schools are the only places where the nation can fittingly train its children for citizenship, and for success in life in its broadest sense. And it should be the aim of every education authority to establish body development and training as the foundation for the training of the mind. In order that this may be accomplished, physical education must form part of the recognised school curriculum as the foundation for—not an accessory after—mental education.

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And here let me emphasise the fact that the old-fashioned gymnastic methods are totally out of date for such educational work. The little ones should be taught first of all to understand their own bodies, and this could be accomplished in conjunction with the exercise. They should be told to note the play of the different muscles and to get interested in the wonderful romance of the body. Little chats, full of bright word pictures, should take place before the exercises commence, and as the whole subject of physical culture teems with romantic stories to appeal to the childish mind, there should be no difficulty in making this section of education as interesting as play to the young mind.

o——o

To ask the children to "do" a certain number of merely mechanical movements every day is useless, unless their minds and wills are trained carefully at the same time. Co-ordination of physical and mental exercise is imperative.

o——o

A man who is probably the highest educational authority in America, Mr. Elliott, President of Harvard University, argues that athletic sports in schools and colleges retard education, as young boys hold back from the university till they have attained full size and weight. American football is, I suppose, responsible for this state of affairs across the water, but the argument certainly does not apply to this country. Here the average boy is, unfortunately, too eager to take his part in school and 'varsity athletic contests long before he has attained full size and weight. And, on the whole, athletics and scholarship are frequently developed together at English public schools and the two universities.

o——o

Drunkenness and athletic games are like oil and water—they won't commingle. The goalkeeper who sees half a dozen footballs sailing down on him at once, and doesn't know which one to catch, is worth eleven sober men—to the other fellows. Fortunately, such a spectacle is rarer now than it used to be, which is one virtue to be largely ascribed to professionalism. And now the Blackburn magistrates are testifying to the fact that a football match in the town means a big decrease in the number of week-end "drunks" at the police-court on Monday morning. Moral: If you can't make a man sober by Act of Parliament, make him a football enthusiast, or by some equally indirect influence.

o——o

The housing question is a matter that should occupy a prominent place in the programme of the new Labour party. Some of the dwellings in large cities are not fit dwelling-places for a self-respecting pig. Mr. Somerville Hastings spoke strongly on the subject during a recent course of lectures at the Institute of Hygiene. The lecturer deplored the dismal character of industrial dwellings in congested neighbourhoods, and characterised them as potent factors in the moral and physical degeneration of their inhabitants. Larger and more sanitary dwellings would undoubtedly lead to a reduction of the death rate, especially in manufacturing cities.

o——o

There is no doubt that the ravages of that terrible modern scourge, consumption, are aggravated by insanitary dwellings and overcrowding. "The 'curves' of overcrowding and tuberculosis," says Dr. Saleeby, "correspond." ["Curves" is the word used by statisticians to indicate increase or decrease, as can be seen in barometrical readings in the newspapers.] Epilepsy, insanity, and a host of nervous diseases also follow in the train of the former.

o——o

Is modern dancing healthy as an exercise? asks a correspondent. I don't think that dancing until the small hours, and in a vitiated atmosphere, is healthy, and anyone in a large business establishment must often have noticed how their dancing fellow-employés often turn up the morning following the dance hollow-eyed and worn out with fatigue. The good old village dance in the open-air is, of course, an ideal form of recreation.

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ON THE ROAD

My Experiences Among the Tramps.

BY ONE OF THE UNEMPLOYED.

A Knight of the Road.

IT had come at last! My long, dreary fight against continuous misfortune, my consistent ill-fortune in the body-breaking, soul-dulling search after employment had culminated, as it could only be expected to, in the recurrent tragedy of those who live from day to day on the fringe of starvation: the broker's man, the loss of home, and — the road or the House.

The latter I could not face, for I knew only too painfully, from a previous experience, the unsympathetic unimaginative, churlish disposition of the guardians' bull-dogs. My wife and child, fortunately, were offered the shelter of a friend; so, with all my worldly goods packed in a towel, I took to the road, determined to walk England until I dropped by the way or obtained employment of some sort. I was a strong man, in the prime of life; I was by no means a duffer with my fists, I didn't suffer from nervousness, so I considered myself able to look after my own interests into no matter what company I chanced to fall.

Besides, I had no gold watches or sovereign purses to tempt thieves with.

I had determined to get to Liverpool somehow, even if I had to live by begging. Some people may sneer at this; but I had reasoned the whole matter out to my own satisfaction, and I honestly saw no reason to condemn myself for this. I had committed no crime, I had tried my very utmost to obtain the opportunity of earning an honest living, and so I considered that, so long as I remained honest, I possessed the right to live — and I meant to live somehow.

My first night among the regular tramp fraternity was in a 6d. "doss-house." I had travelled nearly forty miles that day, and was glad to get a sit-down before a big, warm fire. I soon found that the knights of the road were, at least among their own fraternity, by no means the terrible rascals civilisation appeared to make them out. There was a kindness and camaraderie, and, in fact, a gaiety that was, to me, a revelation.

"'Ave a cup of tea, matey?" one big, bronzed fellow inquired of me.

I thanked him, and he poured me out of his teapot a large basin of tea, shoving over to me at the same time a loaf and some butter and an onion. In fact, I learned from experience afterwards, that it was very rarely in any of these kitchens that any man went without at least the inevitable basin of tea and bit of bread and butter.

My host and myself got quite chummy, and he decided to accompany me to Liverpool. He had tramped over almost every corner of England, and was a most interesting companion on the road. At some public-houses on the way he

introduced me to the company as "a chap what can sing a rippin' song," and his hearty, jolly manner was so infectious that we rarely left without the price of a night's bed and some food in our pocket.

He was known at every "doss-house" on the route, and always got a royal reception. "Cockney" was his pet name, and the North-country man loved to "draw" him, simply to hear the cockneyisms rolling out of him. He never lost his temper, but I saw him once seize a drunken chap, who had annoyed him, and shake him as a terrier would a rat. But all the time he wore the smile of a cherub.

Many of the tramps in these "doss-houses" openly boasted that they had never worked, and never meant to work. "Lord Rothschild don't work; why should I?" was one fellow's logic. Yet, somehow or other, they managed to live, and live well—far better than the poor out-of-work, who didn't "know the ropes," and, instead of looking for money for bed and food, went off in search of work.

Making the "Sign."

As to the tricks and dodges of these professionals, they were innumerable. They knew every charitable priest, parson, squire, or approachable person, were always armed with a good "tale," and sometimes got fairly large sums of money. They seemed to look out upon the respectable world as a lot of rogues and sharps, to be despoiled, while they were the honest, ill-treated souls in revolt.

I had often heard of tramps' signs, and now, for the first time, I became familiar with them.

A simple, honest cross anywhere about the place means "work and good food." That's just one cross to bear, you see—the work. Two ditto crosses mean work and poor food. Catch the idea?

A Maltese cross means "keep away, no food, no money, no anything but abuse."

My friend said to me innocently: "Do you know how to make a Maltese cross?" I said: "How?" by way of hearing what more he had to say, and he replied: "Pull its tail. And that's how to get at the people who live with the Maltese cross, pard. Pull their bells and ask for work. Savvy?"

I said that I understood, and begged for further enlightenment in this interesting language. I was told that an O and an X meant no work, but food. At the sign of the OX is a good place to stop. D means dog and danger; V means money; B means bad fare. That is about all there is to this comprehensive language, but it fills the bill—and the tramps.

The Sign of the OX *means a good place to stop.*

Only once on the whole journey did I sleep in a casual ward, and that was not out of necessity, but from purely sanitary reasons and motives of cleanliness. "Doss-houses" are not the cleanest places in the world, and, sometimes, one finds friends who "sticketh closer than a brother." After such times a bath and the disinfection of one's clothes at the nearest casual ward is a real treat, although the breaking of 2 cwt. of stones is a stiff price to pay for the process.

Ultimately, I arrived at Liverpool, safe and sound, and with a few shillings in my pockets, thanks entirely to the discovery by a friend that I had a fairly decent singing voice. At Liverpool I put up at the municipal lodging-house—quite a palatial affair after the places I had been putting up at on the road, and the following morning I began my search after work. On the second day after my arrival I was fortunate enough to obtain a situation at a large contractor's, where I am at present.

With all its hardships, however, and all its drawbacks, I must say that, on the whole, I envy the jolly, free, healthy life of the professional tramp, and would not mind following it but for the loss of self-respect it unfortunately entails.

The meaning of the Maltese Cross.

"D" means "Dog and Danger."

Ventilation.

Life runs in circles. If we have good blood, it makes good nerves; good nerves ensure digestion; and good digestion makes good blood. But to keep the blood good we must have good air. This is the first necessary of life. From birth to death we must breathe every moment, sleeping and waking, night and day. We not only need air, but good air, every instant of our lives. Bad air is malaria. Bad air is blood poisoning. Air once breathed is bad air. It is not only deprived of part of its oxygen—and, perhaps more subtle elements of life—but it is loaded with an excess of carbonic acid, and also with animal impurities—the foul, waste matter of those who have breathed it, and also probably diseased and diseasing emanations. Typhus malaria comes from foul drains, no doubt; but it comes also from the skin and lung drains of our fellow creatures. There is no worse poison than the crowd poison. Therefore, every room in which people live should have constant ventilation. The room should breathe as well as the people who live in it. Avoid the common pest of a close, fusty, smothering bedroom.

Business and Imagination.—Speaking at a dinner of the Imperial Industries' Club, Mrs. Craigie (John Oliver Hobbes) said she had met with greater powers of imagination in men of business than she had ever encountered in any poet. No one could succeed in business without high powers of imagination.

Medicine that Inebriates.—An agitation, which has prevailed for some time in every American State, has now extended to Canada. This is a demand that patent medicine vendors shall specify on their bottles or packages the ingredients of which the medicines are composed, and in particular their alcoholic strength. Earl Grey, the Governor-General, addressing the students of McGill University Medical Faculty (says an Ottawa telegram to the *Times*), spoke seriously on the subject. He said he had had an analysis made of one medicine which was greatly advertised in Canada and the United States, and found it to contain 40 per cent. of alcohol.

Unclerkly Clerks.—Discussing the difficulty employers have in securing capable men, Messrs. Letts write that after advertising nine times for a clerk, they have not been able to fill the vacancy. "Quite 90 per cent. of the replies were in themselves sufficient proof of the incompetence of the writers, while none of the seemingly likely candidates, when interviewed, had anything beyond an elementary knowledge of the work for which they were required."

Unclerkly Clerks.—Discussing the difficulty according to *The Lady's Pictorial*, is a league of optimists in which the elders should be enrolled even more than the juniors, and which men and women alike should join, for pessimism has no sex, and while men will persuade you that art is decadent, that the country has no leaders, that everyone is bent on evil, women should persuade us that love is dead and morality moribund, that Society is fast deteriorating, and all the old good swallowed up in present evils, which grow more and more.

Tea Tasters' Dangers.—The most damaging testimony against tea comes from the professional tea-tasters employed by the great wholesale tea-houses and by the Government appraisers. Some of these men say that they are compelled to take long rests from their vocation at regular intervals in order that they may recover from the baleful effects of the tea taken into their systems. A physician, adds a writer in *Leslie's Weekly*, with a large knowledge of this class of men, says that their occupation is a positively dangerous one.

Mrs. Langtry well says:—"Woman's beauty is vastly and permanently enhanced by daily exercise."

HOW TO INCREASE YOUR VITALITY.

(Part II.)

—By Dr. Latson.—

INFLUENCES which tend to deplete the vitality may be divided into two classes, abnormal and normal, unnecessary and legitimate. Among the abnormal depletents of vitality may be mentioned hyperkinesis, motor and static (that is, useless and motiveless muscular movements and muscular tension); emotional excitement, such as sighs, gasps, palpitation of the heart from excitement, flushing, paling, etc., which are quite abnormal and rare to the individual of trained self-control and mental freedom. It should be understood that every sigh, every flushing, every trembling is a distinct depletent of the vitality—a depletent which involves expenditure of vital force, but no income. The man who would increase his vitality and prolong his life should beware of intense emotional states.

Many forms of what is called pleasure involve excitement and stimulation which are most extravagant of the vital force. Gambling especially illustrates this. Drug stimulation of any kind necessitates an enormous output of vital force to protect the integrity of the bodily functionings against the deadly influence of the drug. It is this effort of the body to eject the intruding irritant that produces the appearance of renewed strength which is the effect sought. But the deadly reaction must and will follow as long as there is any reserve of vitality left. When that reserve is gone—collapse.

It is quite possible to so train body and mind as to economise all or nearly all of the vitality usually expended in muscular tension, in useless muscular movements, in emotional excitement, dissipation, and in drug stimulation. In cases under my care or observation in which this has been attempted, the results have been an almost incredible increase in the nervous vitality, in mental energy and acuteness, and in mental and physical force and endurance.

Then there are the normal acts which call for an expenditure of vital force. Among these we may mention the functional activities, digestion, excretion, circulation, and so on, exercise or play, and work, mental and physical. We have seen that through proper food one can economise the energy necessary for the digestive and excretory efforts by which the body is maintained and protected. It is only necessary to add that, by free water drinking, sufficient exercise, full breathing, and proper mental attitudes, the other vital functions, such as circulation, absorption, mentation, etc., can be conducted with an economy of the vital force which is sufficient to regenerate the entire organism. Exercise or play is work, and calls for vital expenditure. But when taken under proper conditions, and not in excess, it results in an actual gain, since the output is more than counterbalanced by the increased ability to generate from food and air renewed supplies of vitality.

Then comes work—the chosen activity of the individual. It is to accomplish this work more easily and more perfectly that increased vitality is usually desired. Even here the principle of vital economy may be applied. Work done under strain of anxiety, hurry, or emotional excitement is exhausting. Work done without strain, without excitement, without anxiety is actually recreation. The difference between the drudgery of chopping wood and the recreation of chopping wood is in the mental attitude of the wood chopper. Work that you must strain to accomplish is not worth the doing. Whatever the gain from such work, the loss is greater.

Where all the elements are so interdependent, a tabulation is apt to be

misleading; yet, in the hope of making the matter clearer, I append the following:—

Sources of Vitality.

Food:
- Kind.
- Quantity.
- Frequency of meals.
- Fluids.

Air:
- Method of breathing.
- Ventilation.
- Exercise.

The performance of the functions by which food and air are transformed into vitality is affected by various influences, such as muscular flexibility—rest, sleep and the mental attitudes.

Depletents of Vitality.

Muscular Tension (Static Hyperkinesis).

Useless and Purposeless Muscular Movement (Motor Hyperkinesis).

These forms of hypernervation can, by proper means, always be relieved; and the immense amount of nervous vitality thus wasted may be economised.

Emotional Excitement:
- Flushing.
- Paling.
- Gasping.
- Sighing.
- Trembling.
- Palpitation, etc.

Each of these is a nervous disturbance which draws upon the vitality. By proper mental habits this useless expenditure can be avoided.

Exercise (Play):

Exercise, proper in kind and quantity, generates more vitality than it consumes.

Pleasure:
- Legitimate.

Here, as in proper exercise, the gain in vitality more than compensates for the loss.

- Abnormal (*i.e.*, "Dissipation").

Makes enormous draughts upon the vitality.

Bodily Functions:
- Digestion.
- Assimilation.
- Absorption.
- Elimination.
- Circulation.
- Respiration.
- Metabolism, etc.

These functions, while they use up vitality, are, at the same time, the sole means by which vitality may be generated. Under proper conditions the expenditure is small compared with the income.

Bodily Activities:
- Walking and other everyday acts.

Here the principle of economy may be applied through muscular relaxation, etc.

Work:
- Physical.
- Mental.

Here, also, a large portion of the energy usually put forth is lost in muscular tension, the application of undue force to accomplish the desired result, etc. A large portion of this may be economised by proper methods.

In this brief and fragmentary paper I have tried to show that the leaders of men in all fields have possessed (and must have possessed) great nervous vitality; that this vitality can be greatly increased not by drugs or new inventions or mystical formulæ, but by a more intelligent and economical use of the bodies through which it is generated; and that this can be accomplished by so adapting conditions as to increase the income of vital energy and to economise the outgo. Furthermore, I have roughly tried to indicate some of the methods by which this might be accomplished. I may add that the points advanced are not theoretical, but are the result of long and severe experiment; and that they have stood the test of time and of application to the effortful life of the present day. I believe that the great advance in the coming century will be in applying certain great, simple (and, therefore, disregarded) principles to the acquisition of increased powers of the individual; and in hastening his advance toward that state of godlike wisdom, power, and calm which is his ultimate goal. I believe, furthermore, that the most important advance toward that goal will be in conscious direction of the bodily activities which shall result in an increase of human vitality.

"More and more," says Dr. Schofield, "the Natural therapeutics of exercise and rest, of fresh air and quiet, are coming to the front."

"Accuse not Nature; she has done her part. Do thou but thine."—Milton.

"The wise for cure on exercise depend."—Dryden.

"It is exercise alone that supports the spirits, and keeps the mind in vigour."—Cicero.

"Exercise will invigorate the mind; will render it manly, energetic, indefatigable, firm, and courageous."—Salzman.

"A man may be healthy without being strong; but all health tends more or less towards strength, and all disease is weakness."—Blackie.

DO SCHOOL-BOYS SLOUCH?

One Confession and Five Repudiations.

THE correspondence which has been appearing in the *Daily Mail* on the subject of the Eton "slouch" has created considerable interest in schools throughout the country. From the letters which appear below, it will be seen that the "schoolboy slouch" is not peculiar to Eton.

In the matter of dress each school has its customs, handed down from time immemorial; at one institution it is "stick-up" collars that are tabooed, while at another speckled straw-hats are considered *de rigueur*. At some schools the boys are required to dress according to a clearly prescribed form; at others this important subject is left, within certain limits, to the discretion of the scholars.

The letters printed below were received in reply to the question, "Do schoolboys slouch?"

WINCHESTER.

"Wykehamists do slouch," writes a correspondent, "in a most ungainly fashion. They always walk about with their hands thrust into their pockets, and they slouch along quite as badly, if not worse, than any Eton boy. One reason for thrusting their hands in their pockets is the fact they do not wear gloves in winter."

CHELTENHAM.

"Owing to a good all-round physical culture, slouching is unknown at Cheltenham," writes a correspondent. "In matters of everyday wear the student is not hemmed in by restrictions, provided his inclination does not lead him to choose a loud check. Lounge suits are universally worn, with academical cap and cerise tassel, in school hours. Both 'turn-up' and 'turn-down' collars are to be seen."

RUGBY.

"Rugby boys do not slouch, thanks largely to the splendid training in the Volunteers."

FETTES.

"Physical training teaches the boys at Fettes College, near Edinburgh, the art of deportment, and hence there is no slouching."

CHARTERHOUSE.

"There is no 'regulation' slouch at Charterhouse. The dress here is a marvel of simplicity. The small boys wear Eton jackets, while, as a boy advances, he dons 'stick-ups.' Tall hats are only used on Sundays, at Exeat—the mid-term respite of three days—and on special occasions."

TONBRIDGE.

"The Cadet Corps is responsible for the lack of slouching at Tonbridge."

A beautiful piece of statuary in the Dutuit Collection in the Petit Palais, Paris.

HOW DEGENERATES ARE MADE.

A Type Dangerously on the Increase.

THERE are several ways to make a degenerate. The easiest, however, is the following :-

Take a young child. The younger the better. Place it with a drunken mother and father in a carefully selected slum. Feed it on gin, cheese, and chips. Mix it with young thieves, ripe liars, and old topers. Keep it out of the sun and fresh air as much as possible. In a few years it will be ready for gaol.

In cases where the environment has been especially suitable, and the soil well prepared, a degenerate is born, not made. Sometimes, again, in spite of the most uncongenial surroundings, you will find the degenerate thriving, but in nearly all such cases, the development of the degenerate has been very slow. The cultivation of the degenerate has increased enormously of late, and they are to be found in large numbers in the lodging houses, slums, workhouses, casual wards, and convict prisons. In fact, they have, like rabbits in California, become a veritable plague in this country, and numerous attempts are being made to prevent their rapid increase.

The degenerate seems to flourish everywhere, and were it not for the strictest vigilance, would sap the life of some of our most cherished institutions.

The report of the Departmental Committee on Physical Deterioration draws attention to the large proportion of recruits reported as unfit for military service—250,000 being rejected out of 619,000. Nor does this represent the full extent of the evil, for no doubt many who presented themselves for enlistment were turned away by the recruiting sergeant as obviously unfit.

Then of the "unemployed," a large number are actually "unemployable," being incapable of regular and continuous work.

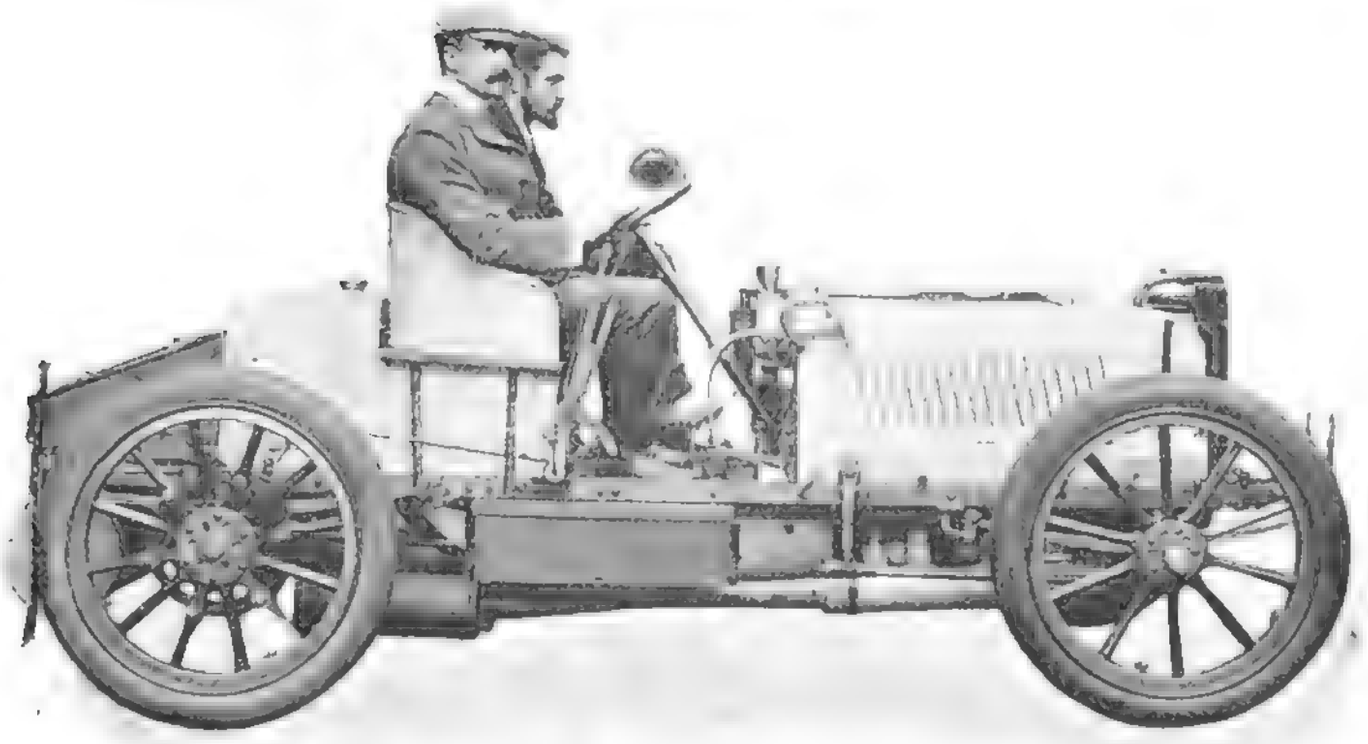
By the evidence of leading medical and other authorities we have to believe that the large majority of children are born healthy, and capable under proper treatment of becoming useful and helpful members of society. How, then, are "degenerates" made?

Three causes were given in a recent lecture delivered by Mr. Will Reason, at the *Sunday School Chronicle* offices recently. They were :—

1. *By the conditions of life in our towns*—the first evil being overcrowding, either by the dwellings being too close together without sufficient external space to afford fresh air and complete ventilation, or by too large a number of persons inhabiting the same rooms.

2. *By insanitation.*—The details of this evil are too repulsive to be publicly quoted. Unfortunately, while the laws in existence are sufficient to do away with most of the offences against health, it is long before they are fully brought into action, and then, in the poorer districts, foul air and bad drains are still allowed to exist where the conscience of the landlord does not make him alive to his duties. It must be remembered that while the *physically* fittest may survive, it is the fate of the weaker to fall, although they may be such as, mentally and spiritually, are the most capable of raising the level of the nation. The result is thus the survival of the unfittest.

3. *Malnutrition.*—The improper feeding of infants is the third cause of degeneracy. Married women going out from their homes to work—insufficient means to buy food suitable for the children, the fact that the poor buying in small quantities pay excessive prices for what they purchase—ignorance of the elementary principles of digestion, and of the most economical methods of cooking, all of these tend to the wrong treatment of the little ones, causing a frightful mortality among the poorer classes, and weak bodies and weak minds in a large proportion of those who grow up. Last of all is the frightful evil of drink, against which it is our duty to use every effort by word and example.



Mr. S. F. Edge (and Mr. Napier) on the Napier car with which he won the 1904 Gordon-Bennett International Race for England.

S. F. EDGE, THE FAMOUS MOTORIST.

(A Sketch.)

By J. St. A. JEWELL.

WHEN the history of English motor enterprise is written, about one dozen names will loom large in it, and one of them will stand out clear and sharp from the other eleven, claiming as a right the lion's share of attention in virtue of deeds accomplished.

It is a name familiar in all parts of the world, a name as well known in Continental Europe and America as in the British Isles; and with it is bound up so closely the romance of a new industry that one is incomplete without the other.

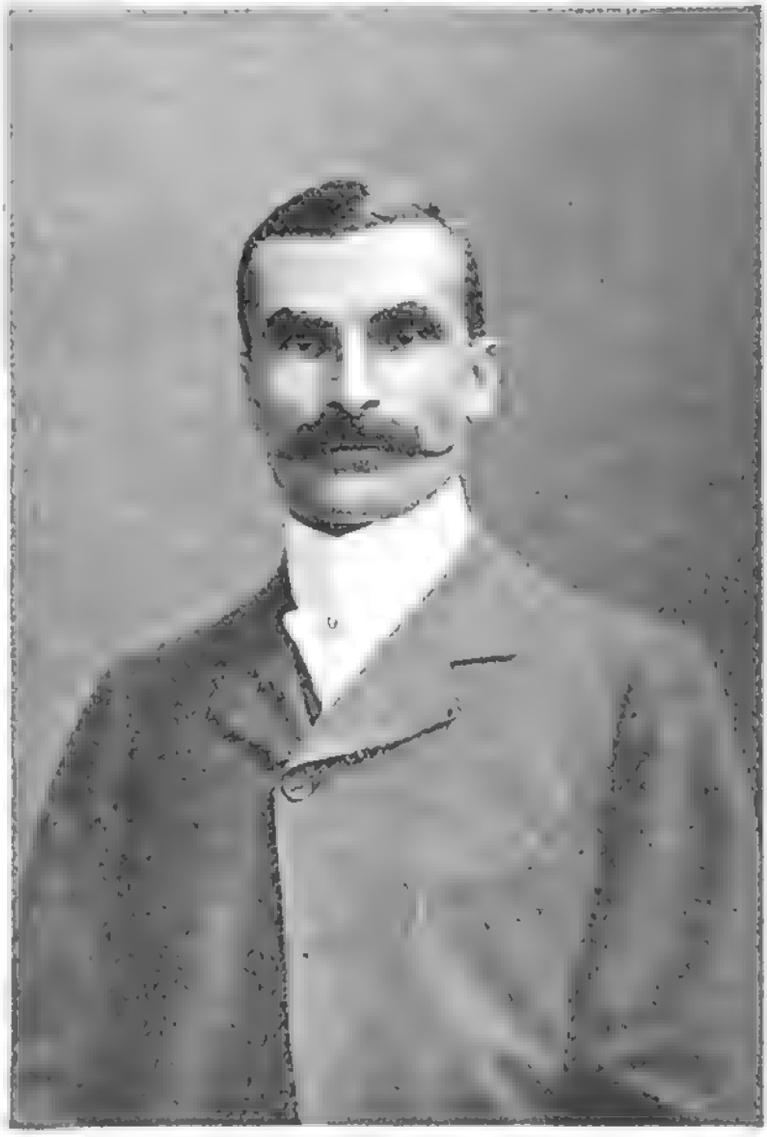
In full, it is Selwyn Francis Edge, and its bearer was born in Australia thirty-eight years ago, in the fair city of Sydney. The public was unaware of his existence until the advent of the cycle boom, when, lo! tales arose of a young and daring rider whose exploits on the road were little short of miraculous. He levelled record after record in surprising fashion, created new ones that in course of time came to be looked upon as his own private property, till at last that great searchlight, the public gaze, became focussed on him, and from then on he took his position as the hero of the cycling world.

It was not long before men holding high positions in the trade recognised in him other capabilities than those of mere pedalling and perfect road judgment, and as a natural result he soon became identified with more than one large company engaged in the cycle industry.

His rare capacity for work, his determination to succeed, his enthusiasm, and his keen foresight all bore fruit in due time, and the tale was eloquently told by better balance sheets and contented shareholders. If proof be wanting of his managerial abilities, even in those far-off days when cycles were the rage and the motor was not, I place it on record that when he joined The John Griffiths Cycle Corporation, Ltd., its business was languishing, and its £1 shares hung dull on the market at 3s., and that when he

left the company they were exchanging hands freely at 30s. Forget for the moment his great cycle and motor reputation, and judge him purely as a commercial man. Respectfully, I suggest that that one feat of raising the worth of those shares from 3s. to 30s. marks him as a man of exceptional ability.

While he was deep in the cycle industry, the first puny 1¼-h.p. De Dions and Werners came over to this country to herald the dawn of a new era in locomotion. The public saw them and laughed. They were held up to ridicule as smelly, noisy, and altogether objectionable French toys. At the time it was generally agreed, with but few exceptions, that the motor in England would last at the most but a few months, and would be but a memory at the end of the year.



"S. F." Edge.

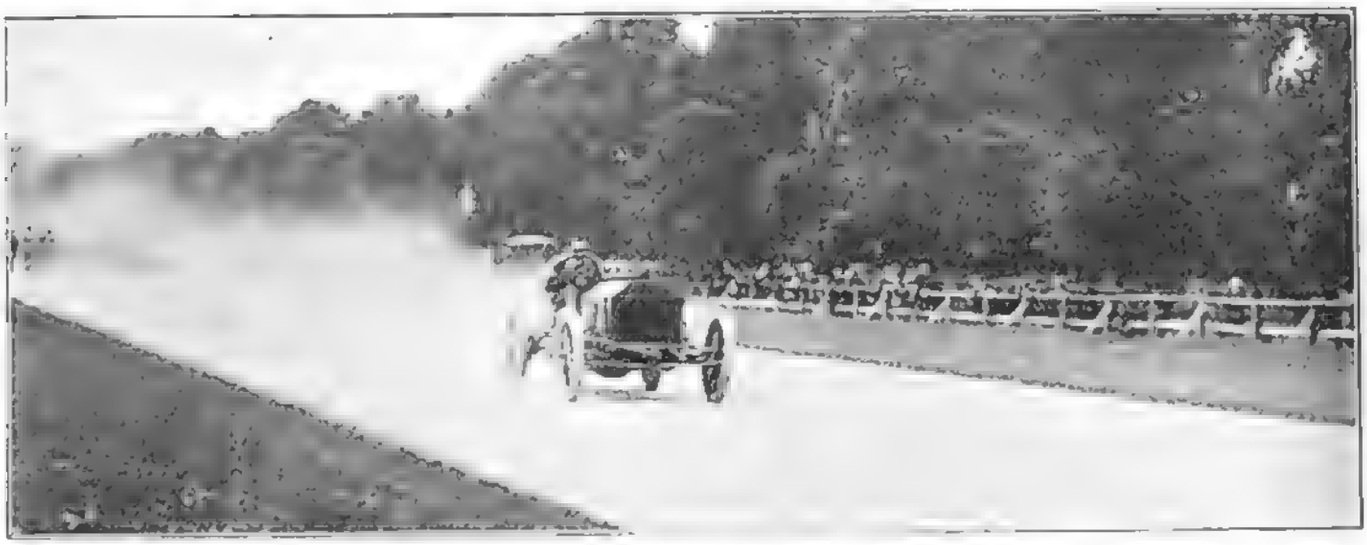
Mr. Edge was among the few who saw in those tiny engines the germ of a great industry that would in a few years have the backing of millions. With characteristic whole-heartedness he became a motorist, and served his apprenticeship on every new type that came out. He rode at every meeting where admittance could be gained, putting up speed records one by one, and so helped to educate the public to the movement for which he saw so brilliant a future. Through the columns of the cycling press, on the platform, and to his friends and acquaintances he preached the coming greatness of the motor, and as far back as August, 1897, he said to the *Autocar*:—

"I have absolute faith that we shall see them (the motors) running about in thousands in a few years' time." How true that prophecy has turned out, to be sure!

Continental Governments even in those early days recognised the possibilities of the motor, and gave their manufacturers encouragement that was worth a five years' start, while here in England restrictive laws were passed that hung like a load of millstones round the neck of the young and promising industry.

Mr. Edge at the head of the small band who, like himself, believed that the motor had come to stay, begged and pleaded for better treatment—pointed out the folly of it all, but to no purpose. His was the voice crying in the wilderness—the wilderness of antiquated ideas.

And while our dull-witted authorities placed every obstacle in the way of motor progress, Mr. Edge gathered about him converts who swelled his little band every day. There came to him one day a brilliant engineer—Mr. Montague Napier,—and their meeting marks one of the most important milestones on the road of motor fame. They met as men who had



Edge on his Napier in the Irish race, where unlucky accidents put him out of the running.

been waiting for one another, as men who were necessary to each other, and from then dates the history of the now world-famous Napier cars.

Their first efforts in manufacture resulted in the production of an 8-h.p. two-cylinder engine which they fitted in an old Panhard car. It realised all their wildest hopes, for it did all that foreign made engines of similar size could do, and perhaps a little more. When they had gauged its capabilities after endless trials, they saw that there was room for improvement. Never hesitating a moment, they decided to effect those improvements, only they embodied them in an all-English car fitted with a 9-h.p. engine.

This vehicle went through the now historical 1900 Automobile Club Trial of 1,000 miles with honours. It was encouraging, but there were still improvements to be made. Their next machine jumped suddenly from 9 to 16-h.p.—in those days a high-powered vehicle. It, too, proved a most excellent machine, and did all that was expected of it, but there was no doubt it did not reach perfection. Mr. Edge recognised it, Mr. Napier recognised it, and that was enough. Another, another, and yet another was designed and built, and each succeeding one was an improvement on the last—it bristled with improvements, always improvements.

And while these two laboured, there came from over the water tales of speed—Gordon-Bennett speed. Awakening England heard the story from her newspapers—the tale of Mors speed, Panhard speed, Mercedes speed—every sort of speed but English speed. It was a story that took columns and columns for the telling, for it appealed to the Englishman's love of sport. He looked more kindly at the motor than he had done before, but even as he looked he became conscious that something was lacking—French, German, and Belgium names stuck in his throat.

Mr. Edge took in the situation at a glance, and determined to profit by it. If speed were wanted, why not English speed—Napier speed?

And so, in 1901, with but two years' building experience behind him, he landed in France with a 70-h.p. machine, the first Englishman to compete for the Gordon-Bennett Cup—the Blue Ribbon of the motor world. The story of that race has been told before by abler pens than mine, and it needs no re-telling. Suffice it to say that he came back without the Cup, but rich in experience.

The Continent said—"He drove with consummate skill." . . . . "He handled his car with superb judgment and unequalled daring," etc., etc., and much more that was nice. The man was all right, but the car——

They put that right when the big race came on once more, next year, when Mr. Edge turned up at the starting point with another Napier that represented twelve months' hard labour. Continental competitors dwarfed him in size and

power, but he sat on the top of a pile of compressed machinery, every piece of which he had helped to fashion, fit, and finish. He had confidence—he believed in his mount.

The road was dangerous and almost unknown, and no arrangements had been made along the way for tyre-shifting or tank replenishing. It was to be a race that would not only make or mar the machine, but also the reputation of the man who held the wheel.

And they started. With a roar each monster flew from the line with exhaust belching flames, little hells in the cylinders, and the valve tappets chattering horribly, and as each whirled out of sight at break-neck pace, the tale of its departure was ticked over the wires to all parts of the world.

In London here we waited the result as we do for the winner on Derby-day. Rumours were plentiful and exciting: "Edge killed," "Edge dives over a precipice," "Reported English victory," and the like, while sober, staid business men stood on each curbstone, grabbing "speshul heditions," and alternately swore and chuckled.

When at last the news came in authenticated, the fast-growing English motor world went mad with delight.

"Edge wins!" "Edge's victory!" "The G.-B. Cup comes to England!" It was shouted at you by every news-boy you met; it glared at you from every placard you passed, and you heard and read it with conscious pride. It was no mere trade matter; it had become a national affair.

To its eternal credit be it said, the Continent generally agreed that he deserved it. Such driving as he put in in that memorable race has never been excelled and rarely equalled.

It was a popular victory, and, best of all, it proved that we had men who could not only build machines to equal Continental productions, but also men who could drive them.

From that day on, Mr. Edge has continually been doing things on land and sea worthy of recording here. But space forbids. To-day he is at the head of a powerful firm bearing his name, reaping the rewards for which he worked so long. For all time his name will be associated with the British-made Napier motor to which he has been consistently loyal, and in which, worked out, are so many of his own ideas.

As a proof of Napier popularity, they can't be made fast enough. Nine out of ten are sold before they are built, and not a month passes but what some new improvements are embodied in succeeding models.

As a proof of Mr. Edge's belief in the Napier car, he recently made an announcement that will have a far-reaching effect upon the motoring world. This announcement was to the effect that in future his firm will give a *three years' guarantee with* every six-cylinder car sold by them. In order that the importance of this move may be gauged, it should be noted that the ordinary guarantee given with a motor car is usually for either three or six months!

Having a good knowledge of the motor business, I say without hesitation that this is the boldest move made by any firm in the trade, for it proves beyond doubt that they have a blind belief and full confidence in the products they put on the market.

I anticipated difficulty when I wrote asking him for an appointment, for he had been painted to me as a hard, stern man, affecting an eternal glare, and extremely hard to get at. To my surprise, I received by return of post a courteous letter suggesting place and hour. I sallied forth to keep that appointment, feeling slightly nervous, and there were reasons why I should feel some small embarrassment.

Where I expected a stiff, formal bow, I received a hearty hand-shake and a few well-chosen words of welcome, spoken in a soft, well-modulated voice. Instead of the glare, a little mischievous twinkle hovered about his eyes as I took out my note-book and began studying him brazenly, feeling perfectly at ease.

He is a tall, finely-proportioned man, apparently in the very prime of life, and his close-cut lounge suit showed off his athletic figure to perfection. It was the figure of an Army Officer in mufti—a hard-bitten Major of the Engineers for

S. F. Edge and his Napier in the Eliminating Trials in the Isle of Man, 1904.

preference. The head was a typical soldier's head, and the first impression it gave me was one of power. His eyes are deep set, clear, and emotional—the eyes of a man with a nervous temperament, tuned up to concert pitch. They look at you calmly and steadily, but respond quickly to moods, denoting honesty and mental activity. The brows are thick and prominent, and should accentuate looks of passion and tone down those pacific. About the corners of the eyes are a few lines that have no business to be there, telling the story of the strenuous life.

The clear-cut lips are half hidden by a crisp, black moustache, and the lower jaw is wide and strongly defined, giving a look of grim determination.

His manner is gently decisive, giving the idea of absolute self-confidence, and this is strengthened by the fact that he never hesitates for words.

Speaking generally, I should say that he is a forceful, aggressive man, in the best sense of the terms; a man of keen perception, of keen judgment in all things, with absolute moral and physical fearlessness. That is how I summed him up, and I do not think I have erred greatly.

A woman meeting him for the first time would say that his chief charm was his voice, and, from her point of view, I think she would be right.

For myself, I left him feeling that I had spent some time with a born leader of men, and went my way, wishing I was one of his led.

How Little to Eat.—Not how much, but how little, ought to be the rule guiding us in the matter of the amount we ought to eat. Reduce the quantity of food, advises *The Family Doctor*, until you reach the point when you begin to lose weight; then increase a little, so as just to maintain the normal weight of the body. Anything more than this is surplus, and is injurious, because the vital force which ought to be devoted to building up the body, repairing tissue, and keeping the blood free from poisons, is used up in disposing of this rubbish.

"The whole secret of the health of body and soul can be summed up in this word—Exercise." Eugene Pax.

"All time and money spent in training the body pays a larger interest than any other investment."—

CAUSES OF CATARRH, AND ITS CURE.

THE majority of cases of catarrh are directly traced to catching cold, or to breathing an irritating, impure air. Especially this is noted in patients who are afflicted with some nose or throat complaints. An attack is often induced by over-exercise of the voice, such as singing, talking, or smoking. Catarrh is occasionally one of the causes of "the grippe" or measles. It may also be a complication of bronchitis and acute inflammation of the lungs, attended with cough and expectoration. It often occurs with many of the acute infectious diseases.

Catarrh is first noticed through redness and swelling of the throat. Simultaneously with this, we usually have an obstruction of the hearing. The vocal cords and the adjacent muscles of the throat are involved, and motion is impaired, which is the cause of acute pain. Saliva generally flows more freely. In certain cases, especially in adults, there may be considerable swelling in the throat and some pus accumulated in the ear. These symptoms are readily noticed. The course of the disease in the adult is different from that in children. Fever may be slight or it may be absent. The voice generally becomes hoarse, or is reduced to a whisper. The cough is croupy or barking-like, and usually comes in spells, and is very annoying. Pain may be in the throat or in the ear. Sometimes it is hard to distinguish the exact location. If it is in the throat, it is increased by swallowing or talking. In other cases, a burning, irritating feeling alone is complained of. In severe cases, with swelling of the vocal cords, smothering may be a marked symptom. The difficulty of breathing in these classes of cases comes and goes by spells; occasionally there is temporary difficulty in breathing. Complications of catarrh are more common in those who are addicted to alcoholism or Bright's disease.

Sanitary and hygienic measures are, therefore, one of the most important features in nursing. Some catarrhal conditions involving the throat and nose and injuring the hearing are sometimes complicated with nervous or hysterical conditions which temporarily aggravate the condition.

Treatment: The use of disinfectants and absolute cleanliness are among the first things to be considered, and carefully watch the treatment. The patient should breathe or inhale pure and moist air, and, above all, avoid over-use of the voice. In children, it is especially important that ways and means should be resorted to to prevent them from crying. Where much swelling of the throat exists, cold applications to the neck are of great service. Where cold water cannot be tolerated, hot applications may be substituted.

Lord Roberts and Boys' Physique.

For the first time in his life, Lord Roberts paid a visit to one of the London County Council (formerly Board) schools.

Gopsall Street Boys' School, Hoxton, was selected, on account of the excellence that has been attained in physical drill. With eyes shining, 360 boys paraded in front of the famous field-marshal, from children of seven, whose flesh, in many cases, showed through their tattered garments, to youths of fourteen, who are just about to pass into the world of work.

Lord Roberts noted, with keen interest, the progressive effect of physical exercise on the physique of the lads; each successive lass, from the lowest to the highest, produced boys of improved stamina. The general excellence of the drill was praised by Lord Roberts, who spoke highly of the utility of the breathing exercises. He examined with interest the three shields won by the school for swimming, and commented on four photographs hanging proudly in the school hall of pupils who have won the Humane Society's rewards for life-saving.

In a speech to the assembled boys, Lord Roberts warmly congratulated them. "I hope many of you will become soldiers," he said. "A soldier's life is a good life, and the men in the Army who behave well invariably get on in life. The soldier's profession is a very fine one, and you cannot do better than to follow it."

In commemoration of the visit, for which he had arranged, Colonel Fox, the Board of Education Inspector of Physical Exercises, presented the school with a large framed and autograph portrait of their distinguished visitor. Deafening cheers were given by the boys as Lord Roberts drove away.

One of the sensible ways of inculcating appreciation of hygiene in an up-to-date American School.

THE NEW EDUCATION.

A Good Time Coming for Boys and Girls.

THE Shakesperian line, "creeping like snail unwillingly to school," will soon be out-of-date. Once an intelligent, interesting system of teaching physical education is adapted, school is a word that will lose its repugnance for the average school-boy, and school-girl, too.

But the new education will depend largely for its success on the new teacher. The mere waving of arms and wriggling of bodies will never fascinate children. The lessons should be prefixed and interspersed with pleasant little chats about the wonders of the body, and stories of men and women cast in the heroic mould, and might, occasionally, be enlivened by demonstrations of simple feats of strength, showing how even a small child can use its strength to advantage.

A LESSON FROM CANADA.

A useful lesson in the matter of physical education for the young may be gleaned from Montreal. This department, in all the public schools, was placed under a specialist, who has complete control of all its affairs.

An account of the physical department of the high school may be interesting and suggestive. The indoor work was first organised along these lines: All pupils from the second year to the sixth, inclusive, received two half hours a week of physical instruction in the gymnasium. From the seventh to the tenth year, each pupil received one half hour a week during school hours, and has, during the winter months (November to May), the privilege of attending gymnastic classes for the various years once a week for an hour after school.

Of the three hundred pupils to whom this privilege is open, about two hundred take advantage of it. These are handled by the director in four classes, according to age. The children dress in proper gymnastic costume immediately at the close of the regular school work, 3.30 o'clock, and at 3.45 are lined up in the gymnasium for the hour's lesson. The

director gives them from 15 to 20 minutes free movements, dumb-bell, or club exercises, and they are then divided into squads, according to ability, and put though 20 minutes' apparatus work by leaders selected from amongst them, who receive one hour a week of extra work (on Saturday mornings) to prepare them for it.

At the end of the apparatus work the formal exercise ends and the children are then allowed the balance of the hour to themselves, usually playing basket-ball.

THE PARENTS' TREAT.

Early in May, what is known as "parents' evening" is celebrated, when the boys give an illustration of what they have been doing, not a fancy exhibition, although pyramids and special classes form a part of the programme. Two gymnastic competitions are held, a senior and a junior, children of seven and eight years of age being designated juniors, and those of nine and ten, seniors. For these, silver and bronze medals are given for first and second places. A basket-ball tournament is also arranged for seniors and juniors, each class entering a team in the series.

In May, indoor sports are held for each class. The records are preserved and printed in permanent form each year, together with the names of all officials. The winner of each event gets a school ribbon as a memento, on which is printed the year, class, and event.

Each class is also examined every spring on its proficiency in military drill for a trophy.

In order to take part in any of the competitions a boy must be a member of the High School Athletic Association, which provides the medals and ribbons.

Each boy, from the seventh to the tenth year, has to pass an examination by the school or family physician, and if unfit for athletics or heavy gymnastics, or requiring special work for a deformity, is so reported to the director.

The school board allows 50 marks for physical training, and, at the end of the year, the director personally examines each pupil on his or her knowledge of, and ability in, light gymnastics. [Why not the physiology of the body, too?—Editor.]

Each club, football, hockey, baseball, or whatever else it may be, is organised by the boys interested by the election of a president from the school staff and a secretary and committee of five from among the boys. These, with the director, have full charge of that sport during its season, arranging matches, canvassing for members, and performing various other duties.

The field and track athletics, aquatic games, and basket-ball require slightly different treatment. Each of these is usually handled by a chairman and committee appointed by the governing body of the association. The governing body consists of the presidents and one representative of each club, and the chairman of the other departments of work. These elect an honorary president, president, vice-president, and secretary-treasurer. The funds from all sources are pooled and each club asks the governing body for an appropriation to carry on its affairs.

[This affords splendid training for future citizenship.—Ed.]

For the younger children in what is known as the "grammar grades"—that is, from the age of nine to thirteen—special exercises are recommended by Dr. Stoneroad in an American scholastic publication.

"The physical exercises, which are adapted to children of this period are those which specially affect nutrition and growth, which increase heart and lung power, and which have to do with the training of nerves and muscles to obey the will.

Herein lies the educational value of physical training, in that it is a training for life. The department of plays and games holds a high place in this thought, for in no other form of physical exercise can we get, in so short a time, those qualities of quick observation, reasoning, decision, nerve and muscle control. The constant playing of a game secures accuracy and quickness of execution, generally termed skill, which enables one not only to do this thing well, but all allied movements, thus relating them to the great purpose of education, which is the power to perform.

"The best time to form those physical habits which are to be of the

greatest advantage in the future life of the child is in the school. Among these habits is a fine poise of the body, conducive to health and adding to personal appearance, the habit of deep breathing, a good carriage in walking, and such control over muscles as is conducive to grace in all the ordinary motor activities of daily life.

"It is in the grammar grades that we notice an increase in those defects of body which are sometimes referred to as school deformities, particularly the curvatures of the spine. Our school gymnastics, then, must have the general purpose of counteracting the effect of much leaning over a desk. This necessitates a wise and deliberate choice of such exercises as directly affect and strengthen the muscles of the back, lift up the chest, and give definite power over those muscles whose office it is to hold the body in hygienic positions. Such exercises are both preventive and corrective in their results.

It is satisfactory to note that England is beginning to realise the value of play and exercise for the scholar. At one of the largest elementary schools in the East End the children are being taught how to play, and the teachers make so important a feature of sports and games that the school has already become known in the district as the "play-school."

Every dinner-hour is spent by the children in games which delight the heart of every true child. Each game, moreover, has its clearly-defined and recognised season.

Leap-frog, which has just gone out, has been succeeded by marbles, which in its turn will give place to tops. Besides these games, football and hockey are in full swing.

Once a week the children stop work early and march to Victoria Park—the girls to play hockey and the boys football, either among themselves or in friendly rivalry with other local schools.

FOOTBALL IN THE PLAYGROUND.

On other days practice games are played with tennis balls in the playgrounds attached to the school. The older boys in many cases act as referees and direct the play of the younger ones, and everything is properly organised and taken quite seriously, each boy having his own stated place, be it back, half-back, or forward.

It reflects most creditably on the spirit of the boys that though they could easily obtain subscriptions towards their game funds from outside, they keep the sports entirely self-supporting, each child subscribing regularly every week.

In summer cricket and swimming replace football and hockey, and, in addition to all these recreations, the children assemble at the school-house once a week for what is known as a "Happy Evening."

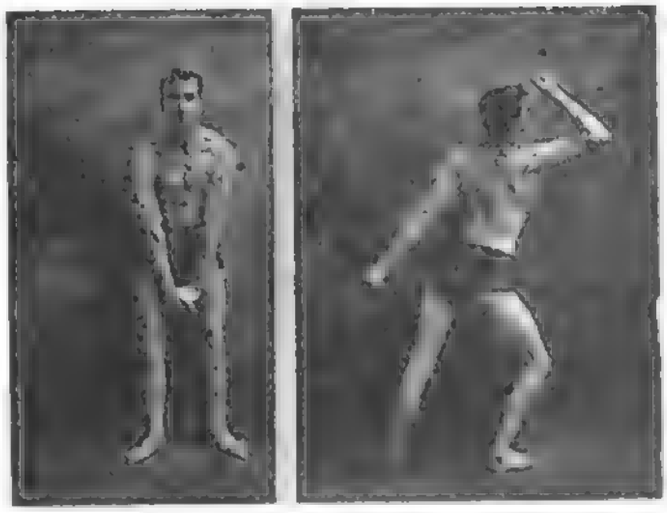
BOXING AND WRESTLING.

In the longest room the bigger boys engage in wrestling, boxing, and tug-of-war, while for the more quietly-inclined there are special rooms for painting, chess, draughts, and dominoes.

The girls enjoy a romp in "blindman's buff," or "hunt-the-slipper," while the tiny tots amuse themselves by stringing beads or playing with wooden bricks.

The teachers and authorities give every aid and encouragement in their power. The system of organised games has proved most effective, the boys being well developed, orderly, and obedient.

The average attendance last year was 98 per cent., which must surely constitute a record, more especially considering that most of the children are drawn from lawless homes in one of the most squalid districts of London.



E. M. VERTEL (Darwen).

Mr. Vertel affords a good example of how the man who says he is too thin and bony to put on muscle may succeed by diligent effort.

WHY DON'T WE RUN?

By "One Who Runs."

I TOOK up running as an exercise for the benefit of my health. Afterwards, viewing the matter from the philosophic standpoint, I asked myself why it is that everyone does not practise this healthful and natural habit, writes a correspondent of the *Daily Mail*.

My situation was that of thousands today. Sedentary work and town life left me no opportunity for proper exercise. Result—dyspepsia, insomnia, "nerves."

I adopted one of the much-advertised systems of physical drill. I found it did not suit me; the fact that it had to be performed within doors effectually barred all good results. To my mind there can be no question that fresh air and healthy exercise are inseparable.

Then an idea struck me. In the course of the day I had to make three or four-mile journeys in the shortest time possible. Whenever feasible I rode. If not, I walked at my topmost speed.

But why, I suggested to myself, should I not save both time and money and get the vigorous open-air exercise I needed so badly by running?

No; the notion was not palpably absurd, and I decline to write myself down as irreclaimable crank. Running is as natural to a human being as it is to a horse or a dog. In fact, as with these lower animals, it would seem that man should walk merely as a substitute for the more agreeable form of progression when the latter is inconvenient.

Running, of course, is regarded by the average person as an agitating form of physical effort associated with the catching of trains. But this is simply because the average person is out of form. It is safe to say that, once the disused muscles have grown accustomed to work, the comfortable seven-mile-an-hour "dog-trot"—which is all that is required as a rule—is less rather than more fatiguing than quick walking.

The excellent health effects of running I, speaking from my own experience, find it difficult to exaggerate. I defy anyone to mention a form of exercise at once so invigorating and so easily combined with one's daily occupation.

And now, having written thus far, what I have to add makes me feel cross. In what way, I ask, is the sight of an adult male sprinting along the public highway intrinsically funny? It is my constant experience when so engaged to hear the mocking cries of small boys, to note the amused or contemptuous smile of their elders.

If I am affording genuine amusement, I should like to know how. Until that is explained to me I can but conclude that, like all innovators, I am the victim of mere unimaginative prejudice.

At any rate, I intend to continue running in defiance of public opinion. I strongly advise the intelligent reader to try the practice. Only let him, as I have done, confine his exertions as much as possible, to moderately quiet thoroughfares. I am inclined to think that, until the rule of the road is better understood and followed, running is impracticable in the more crowded streets of our great towns.

The Olympic Games.

Of the £208 allotted by the Greek Government towards the expenses of British competitors in the forthcoming Olympic games at Athens, £60 will be devoted to athletics, and that sum has been placed at the disposal of the Amateur Athletic Association.

Intending competitors who wish to obtain a grant towards the expenses of the journey must send in their names to the hon. secretary of the A.A.A., at 10, John Street, Adelphi, London. The expenses of the journey are estimated at £25.

Lord Howard de Walden and Lord Desborough will take part in the fencing competitions.

Thus far, there are very few candidates for the high and long jumping competitions. The Greek Committee are hoping, however, that Con Leahy, of Dublin, and P. O'Connor, of Waterford, the British champions, will send in their names.

As evidence of the great interest which is being aroused among foreign athletes, it may be mentioned that America has voted 25,000 dollars, France 10,000 francs, and Germany 12,000 marks towards the expenses of their representatives at the games.

THE VALUE OF SANDOW-EMBROCATION-MASSAGE FOR SPRAINS, RHEUMATISM, Etc.

By EUGEN SANDOW.

IN my previous articles I have written of the value of my Concentrated Embrocation to athletes in training, and the certainty of obtaining rapid relief in cases of sprains, strains, and bruises, by its use.

In this, my final article, I shall treat of its curative properties as applied to many complaints, such as Rheumatism, Lumbago, Sciatica, Neuralgia, etc.; state the cause of these ailments, and how they may—and have been—cured by my Embrocation.

My main idea in producing the Embrocation was to make it a curative agent, owing to the large number of persons who had asked my advice on the above-mentioned ailments. With this idea I conducted my experiments and collaborated with many famous scientists and herbalists, as I intended to produce an article which I could *personally* guarantee to be a real cure for the many ills which are remedied by external treatment.

Probably one of the most general complaints in this damp climate of ours is Rheumatism, and it is always more prevalent in the winter than in the summer, owing to the fact that the cold, damp days of winter are more "favourable" to this ailment than the warm, dry days of summer.

There are several forms of this disorder, and it attacks the body in many ways, sometimes affecting the whole of the body, and at other times it is confined to the muscles or the joints. The different forms of rheumatism are:—

Muscular Rheumatism, which affects the various muscles of the body and is brought on by exposure to cold, draught, cold or damp, or a sudden chill. This is more likely to attack those whose work is such as to tire the muscular system and so weaken it, and when the system has once been attacked a repetition is most likely to follow.

Illustration from booklet showing how to massage shoulder for rheumatism.

Chronic Rheumatism, which is the usual manner in which the disease affects elderly people, those whose occupations are outdoor, and those who are exposed to variations of temperature.

Rheumatic Gout, which is very similar to chronic rheumatism, and may be treated in the same way.

It is sometimes difficult to correctly ascertain the causes of these complaints, but they are supposed to be of an hereditary character and are liable to be contracted by exposure to sudden changes of temperature.

When it is hereditary, the patient generally decides there is no cure for it, and accepts it as part and parcel of his or her daily life, without even *trying* to obtain relief from it. I have heard people say, "My father—or mother—had it very

badly; all our family suffer from it; I've had it since I was a child, and suppose I always shall have it."

It is this habit of "taking things lying down" that is responsible for a good deal of the illness which is rampant to-day. If people would only try and cure themselves by *natural* means, instead of "letting things go," or, what is as bad, by swallowing whole boxes of pills or bottles of drugs which attract their attention, they would be able to obtain speedy relief, and so strengthen their constitution that it would be able to withstand fresh attacks of disease.

Rheumatism sometimes attacks one joint only, such as the shoulder or hip, but more often it commences in the knees and gradually spreads over the whole body. The pain is great and often accompanied by swellings which are, however, not very painful. I give an illustration showing how to employ massage with the Concentrated Embrocation in cases of rheumatism of the shoulder. This painful malady can be easily relieved and cured by using the Embrocation and massaging the affected part. Place the hand over the shoulder as shown, and massage with the finger-tips, gradually increasing the pressure. As the muscle completely covers the shoulder joint, the treatment must be applied to a considerable surface. During the intervals the arm should be kept at rest and covered with warm flannel.

In the illustrated booklet which I have prepared, the proper method of applying the Embrocation for the cure of Muscular Rheumatism, Muscular Affections of the Elbow, Fingers, Wrist and knee, is also clearly shown.

The following testimonial is one of many received from users who have derived great benefit from the use of the Embrocation:—

"Dungiven, Co. Derry, Ireland.

"Sandow's Embrocation Co.,

"Gentlemen,

"Please forward me two more tubes of your Embrocation. The last I had from you gave excellent results, a marked change being seen in *four days* on an aged person who has been bad with muscular rheumatism for over *fourteen years*.

"Every known remedy was tried without effect.

"I will be pleased to answer anyone whom you may refer to me.

"Yours most respectfully,

"(Signed) W. K. Dunn.

"Postal order enclosed."

Another form of Muscular Rheumatism is Lumbago, which principally affects the muscles of the loin, the attacks lasting from a few hours to several weeks. The Embrocation should be well rubbed in in a long textdinal direction, up and down the whole length of the spine on each side, by a second person. This movement stimulates the "Erector Spinæ" muscles, and gives rapid relief.

Another painful complaint—in fact, one of the most painful—is Sciatica, which is, as a rule, an inflammation of the Sciatic nerve. In many cases medicinal treatment is ineffective, but excellent results have been obtained by suitable massage with my Embrocation, which should be gently rubbed in along the course of the Sciatic nerve, the movement being made from the knee to the top part of the thigh.

Neuralgia is a malady which has proved specially amenable to the curative properties of my Embrocation, even when other remedies have proved unsuitable. Exposure to cold, hysteria, debility, mental worry, bad or carious teeth, etc., are frequent causes of this ailment. The pain is darting or stabbing, and may last for a few minutes only, or for some hours. The nerves usually affected are the Sensory branches of the fifth cranial nerve (Trifacial Neuralgia). The illustration shows how the Embrocation should be applied—lightly—over the painful regions with the finger-tips; and as the skin is often exceedingly tender, care should be taken to avoid pressure.

During the cold, damp weather we have lately experienced, nearly everyone has had the misfortune to suffer from a cold, or sore throat (from cold). If not attended to these slight ailments develop into something far more serious. A cold on the chest may end in Bronchitis or Pneumonia, and a Sore Throat develop into Tonsilitis or Quinsy.

"Sandow's Concentrated Embrocation" has been used with marked success in these cases; it alleviates and cures the symptoms, and also prevents the possibility of the catarrh and inflammation *spreading to the lungs and causing Bronchitis and Pneumonia.* The surrounding muscles also receive great benefit by this treatment.

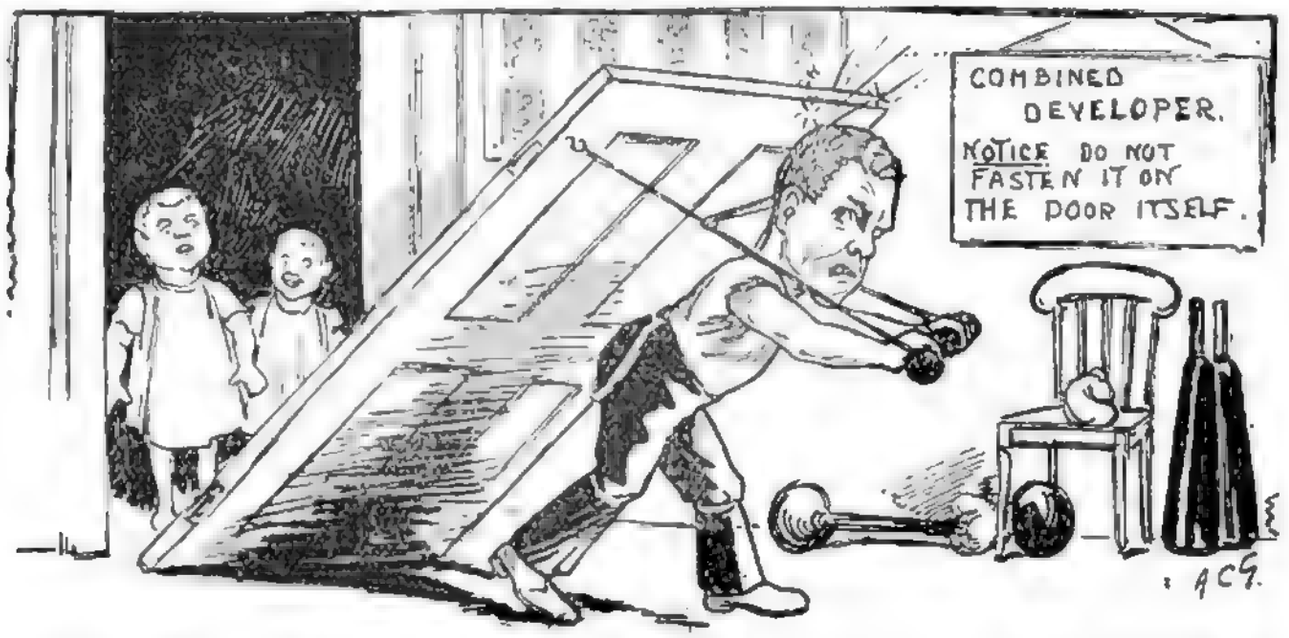
Massage with the Embrocation is also excellent for a Cold on the Lung, as it stimulates the muscular and nervous tissues, promotes a better blood supply, relieves the pain, and increases the lung capacity.

Affections of the muscles of the neck, such as Stiff Neck, Wry Neck, Strains and Contractions, whether caused by cold or draught, or by severe exertion of these muscles, have proved amenable to my Embrocation, which not only stimulates the skin, but also reacts on the structures beneath where suitable massage is employed.

For affections of the Foot, Writer's Cramp, and complaints in which structures situated deeply are involved (when deep massage is necessary), my Embrocation will be proved invaluable, and suitable treatment for these complaints is illustrated and described in the booklet I have mentioned. This booklet is supplied with each tube of my Concentrated Embrocation.

How the Embrocation should be used for neuralgia. (Illustration from booklet.)

In conclusion, I may say that my many years of study in the subject of Curative Physical Culture tell me that the Embrocation possesses unusual merits, and I confidently submit it to the verdict of the public as being a real remedy for the many ailments I have described in these articles.



A reader sends above sketch after reading John Stuart's article in a recent issue recommending advisability of lodging with a landlady in sympathy with Physical Culture. He pathetically adds that he received "notice to leave" from his landlady for accident as illustrated, so he tells how to avoid it.

ON AND OFF THE MAT AND TRACK.

Last Thursday Tom Connors (Manchester) met Dennis Gallaher (America) in a catch-as-catch-can wrestling match, at the Lyceum, the best of three falls deciding the winner. There were other wrestling matches between well-known wrestlers. Connors won two falls in succession.

Padoubdney, who won the recent tournament (Graeco-Roman) in Paris, has just won the European Championship Tournament at Liege, Belgium, taking the first prize of 1,000 fr. (£40) and gold medal. Among the beaten were Petersen and Laurent le Deaucairois.

Diabutsu is the name of a "Jap" newcomer at the Lyceum Theatre of Varieties, London, where he made his *début* on Monday evening, 19th inst. He challenges any wrestler in the world at the Jiu-Jitsu style, Uyenishi and others especially. He is a strong-looking man, but does not strike one as being quite so quick as Uyenishi, Tani, and Taryo Myako, so one of them may turn up for the sake of the £25 offered.

The Hackenschmidt-Madrali match looks like coming off about April 2nd. The men have signed to wrestle the best of three falls, and have provided for a lengthy and stubborn encounter by arranging to continue to a finish, within a certain number of days. My! should each man score a fall—wouldn't there be a crowd to see the deciding fall! "Hack" is favourite—at least, even the most ardent supporters of the Turk want odds.

The Russian has fully recovered from his recent accident. He is known to be a very clean liver in every way, and one may be certain of seeing him step on to the mat in fine condition.

Very little is known of Madrali. He may be in strict training with his clever mentor, Antonio Pierri, the "Terrible Greek"?—so known from the terrible hold he used to lock on his opponents.

Readers will be kept well advised of the men's movements in this department of the Magazine.

Lionel Strongfort is said to have a splendid new "show" in preparation.

Milo, the popular strong man, equilibrist, etc., has gone to "the States." He it was who brought out "Vansart," the "Man with the Grip of Iron," and previously a "man about town."

Weight-lifting is very "dead" at present.

If readers ever see "Morris Cronin" on the bills of their local variety theatres, don't miss this show—it's a revelation of the possibilities of juggling with Indian clubs.

Many enquiries are received at the office of this Magazine from readers wanting to know names and addresses of Physical Culture Clubs in all parts of the country—aye, the whole world.

Send along postcards, giving name, address (of correspondence secretary), kind of work practised, such as—

Physical Culture.
Wrestling (if all styles, or catch-as-catch-can or Jiu-Jitsu only).
Boxing.
Lectures, etc.

These names and addresses will for the present be published free of charge on this page, with a view to "boosting business"—which it undoubtedly will. Walk up, gentlemen!

Strenge is the name of a German said to be the coming world's champion. He is very much like Hackenschmidt in build. He's pretty sure to venture Londonwards soon, and he may repeat the surprise appearance Hackenschmidt performed for the edification of Jack Carkeek—and my! the latter did look surprised when the giant Georges vaulted on to the stage beside him just as he finished his oratorical flinging of his glove to the wide, wide world. It was a time for quite a long while—the crowd shouting to Jack to take on the fearsomely huge acceptor of his sweeping challenge. The man-in-the-gallery dearly loves excitement, and he literally gasps for a struggle to the death—or precious near to it. It is at such moments that one can imagine that human nature is much the same all over the world and in all times, whether at the gladiatoral combats of old Rome or the modern bull-fight or prize fight.

Napoleon said: "The first requisite of good generalship is good health."

"The weaker the body, the more it commands; the stronger it is, the more it obeys."—Rousseau.

"It is wonderful how much the mind is enlivened by the motion and exercise of the body."—Pliny.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—**One may Help Many.**

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

[The Club Fellow Medals are now ready. Will Readers entitled to them by reason of publication of letters in the Club pages send stamped envelope bearing their full postal address to Club Department, together with a note of issue in which their contribution appeared? Medals will then be despatched.—The EDITOR.]

Where are the Other Scotch Readers?

Wigtownshire.
Feb. 3, 1906.

Sir,—Having been an ardent reader of your weekly Magazine for the past few months I am writing this to let you see that there are some who take an interest in your valuable work in this locality, as I very seldom see many Scotch readers sending you their experiences.

It is now three years, fully, since I started going in for dumb-bell exercises and the study of Physical Culture, so I can speak from my own experience as to the benefits to be derived therefrom. But as this is my first attempt in writing you, I will leave the relating of them till some further date. I used to take in your monthly Magazine, but gave it up, and have continued your weekly since, which, in my opinion, deserves great credit. And I can only say I am extremely sorry it is not better known here.

My friend is also a great believer in your system, having lately purchased your Developer, and "sticking in" like myself, he has made rapid progress in developing a sound body. We make it a strong point to study your instructions on the charts. I am anxious to get a pair of your Grip Bells, but am just continuing the exercises with light, ordinary ones till I can purchase your Grips and Developer together.

Hoping you will find space enough in your Magazine to insert this; at a later date I will send my photo. with measurements and experiences for the benefit of your many readers.

Wishing you every success, yours truly,

James Douglas Innes.

Notice to Boltonian Readers.

Bolton.

Dear Mr. Sandow,—Being a reader of your "Mag.," I should be very pleased if you would publish the following lines.

Having seen in the Readers' Club a letter from a Bolton reader, saying that he would like to see Bolton to the fore in Physical Culture, no doubt his idea is a very good one, as there are plenty of delicate lads and lassies here. It would help me and my friends if Mr. Lever would write to me, as we have just started a Physical Culture Club under the Sandow System.

I remain, yours,

W. McDermott.

P.S.—I am going to enter for the Fellowship Medal shortly.

Even the Worms Will Turn Against the Non-Developed.

Dundrum, Co. Dublin.

Dear Mr. Sandow,—I started work on your system the 13th May, 1904. I worked fairly regularly, but only thoroughly since I took your Magazine a year ago.

My doctor was quite surprised when last he examined me and my development, compared to what I had been—almost a skeleton—and said my lungs were perfect. I am more confident of being able to take care of myself than I was. As you may remember, but for the benefit of fellow readers I recall, I nearly had a bad accident last year by the wheel of a coal cart coming partly over my back, I having fallen off my "bike." My back muscles saved me from what might have been a serious injury, but was only a bruise.

Your system is A 1 for nervous temperament, for those who intend going in for rowing, and for stamina in running, judging by myself. It also is good for getting rid of pimples when you use Cuticura soap with it, and take but one meat meal.

An officer I heard of dropped your system—ungrateful man—having attained a good development, and grew fat. He advised me, through my cousins, to drop it. I would not, as (D.V.) I intend to stick to it as far as possible. It makes a man of you.

Again, what matters, if healthfully you reach an age when you have to drop it, and fat comes on? That age being reached, death is near; just as well for the body to die fat as lean, knowing that in the prime of life you were no mean, shrunken creature, but well set-up, healthy, and, as you hope, thereby admired. The disadvantage

P. H. Riley (Darwen).

A Photo. of Mr. Riley lifting a barbell appeared on cover of Feb. 1st issue.

is—but it is only the thought, the spirit being gone—that the worms have a better and longer feed. They, however, will also be thankful to your system when they find how developed they are (having eaten the old boy's dead body, not a pleasant food for human beings, but pleasant to worms, or they would not do it), and will despise the non-developed fellow who, if he was no good in life, is consequently never of any good. Advice stale, but worth dinning in. Practise from summer to keep your windows wide open; then never shut them. Go in for Sandow, and, having done so, cause others to do same by *envy* of yourself—your development. As to teeth, if only one meat meal, wash them thoroughly (on inside and out) after meal, and for other meals use dental thread; open eyes (if strong) six times under pure water, and cheerfully enjoy life.

I remain, Mr. Sandow, your very grateful and admiring

William I. Moran.

P.S.—Rousseau spoke true in "The weaker the body the more it commands; the stronger the body the more it obeys the will."

Agreeably Surprised.

Lower Weston, Bath.

Dear Sir,—I am taking the pleasure of writing to you for the first time, to express my thanks to you for Sandow's Developer. It has been a boon to me, and I could not possibly do without it. Although I have not had my Developer very long—only a month—I am surprised to find that my measurements are rapidly increasing. I have recommended the Sandow System to several of my friends, and at last have persuaded two of them to give your system of Physical Culture a trial, and I am sure they will derive much benefit. I am a constant reader of your useful Magazine, out of which I have had many good hints.

Wishing you and your paper every success.—I remain, yours faithfully,

Alfred W. Young.

Cured of Biliousness.

52, Kilburn Street,
Litherland, near Liverpool.

Dear Sir,—I should like you to find room for this in your readers' experiences, in the hope that it may benefit others. I had always been delicate and subject to bilious attacks from childhood, until I heard of your system, about nine years ago. Up till that time I was laid up for a day or two out of every fortnight. During the first year of your system, I had two or three bouts, but since then I have been quite free of them, and I consider myself to be a good testimony for your system, as now I am fairly strong, and not afraid of a hard day's work with any man. I have worked at the docks for two days and a night at a spell, trucking cotton, which is anything from three to six hundredweight a bale, over rough stones, so that you can understand what your system has done for me. At present I am a window cleaner, and my own master. Thanks to Physical Culture, I have got several of my friends to take up your system. Also your Magazine, which they are as eager for as I am myself. I am sorry I have not a photo. to send you. I am having some taken shortly, when I intend to enter your competition for those over eighteen.

Hoping my experience may benefit others, I remain yours,

James Lyns.

A Difficult Feat.

Hongkong.

Dear Sir,—In reading your weekly Magazine, which I take a great interest in, and am a subscriber, and with reference to rules and conditions set by you for the "Sandow's Magazine Readers' Club," may I submit this idea as a novelty to you, and hope you will not be offended, as I can do it myself with ease? That is—(1) *Tear a pack of cards into halves with both hands behind my back*, and (2) tear a pack of cards into halves and halves into quarters in front of my chest.

Hope you will appreciate this novelty as regards to strength, and may I ask you to reward me with a "Fellowship" Medal for this new idea?

In case you do not believe me that I can perform this feat I will have it done before witnesses should you desire it.

Thanking you in anticipation, and hoping you every success in the enterprise taken,

N. H. Alves.

"Use of Leg Regained."

Day Dawn,
West Australia.

SIR,—Having been a reader of Magazine for the last 2½ years, and a follower of your teaching of Physical Culture, I think it is high time that I let you know of the benefit I have gained from it. About the time I began reading "S.M.", I had my knee-cap fractured. The doctors told me I would always have a stiff leg, but I got one of your Developers, and set to work, and I am pleased to say it is to you I owe the use of my leg to-day. As a proof of the power of Physical Culture, I may say I have put on two inches all-round measurement, and my leg is so well that I have been able to go in for cycling. I have started in two races and won both. I feel better every day, and can never say enough for the benefits I have gained from the use of your Developers and Dumb-bells. Once more I thank you for my health and strength. I will forward you my photo when I write again, and you will see for yourself what Physical Culture has done for me.—Yours sincerely,

EUGENE OZANNE.

Good Daily Programme for Workers.

"Arran," Avenue Road, St. Albans.

DEAR SIR,—In the hope that it may prove useful to others, I venture to give my method of exercising under your system. I have been a reader of your magazine since 1899, and, needless to say, the benefits I have derived from your system of Physical Culture are incalculable.

I am a clerk in the City, and consequently do not get much exercise in my daily occupation. I find the most convenient time for exercising, in my case, is at night before retiring.

The following is the daily routine I would recommend for a brain-worker in the City :—

Always have a good breakfast. A plate of porridge, followed by eggs and bacon, with a cup of good cocoa, such as Plasmon, will enable one to "start the day well." I recommend a light luncheon, such as a little fish, or a poached egg on toast, and coffee. A cup of tea, with a biscuit or two, about 4.30, and a good meal on returning home about seven p.m., completes the daily fare.

For exercising I use both dumb-bells and developer, and employ them as follows :—

First night—Dumb-bells, working the exercises as given on your chart.

Second night—Developer exercises as per chart, omitting the leg exercises.

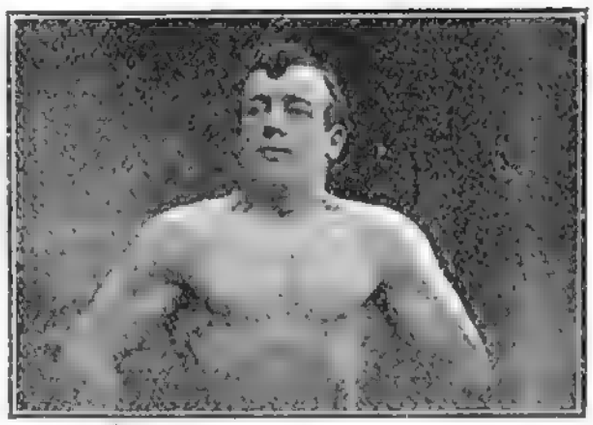
Third night—Dumb-bell exercises, as per chart.

Fourth night—Chest expander exercises as per chart, and leg exercises as per developer chart.

I find this arrangement equalizes the amount of work per diem fairly well.

Exercise should always be followed by a cold sponge or rub down with a rough towel. Omit exercises once a week, say on Saturday nights.

I reside about a mile from the railway station, and make it a rule to "trot" home every evening. I find it keeps me in splendid trim for football.



VRRON (Cardiff).

Saturday afternoons should always be spent out of doors, engaged in some sport such as football, hookey, cycling, swimming, etc.

I might mention I have had the pleasure of explaining your system to several persons, four of whom are now enthusiastic Physical Culturists.

Wishing the new S.M.R.C. the success it deserves, I remain, yours sincerely,

SYDNEY F. C. SAKER.

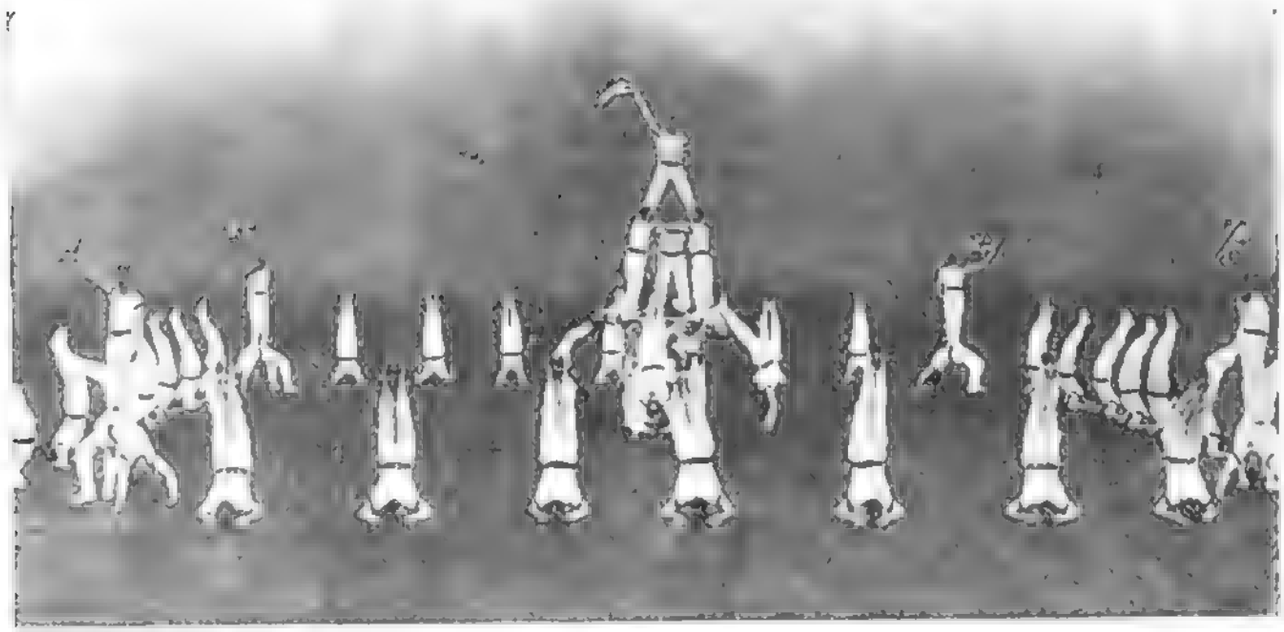
What One Reader has Done.

Grove House,
Ravensthorpe, Dewsbury.

DEAR SIR,—I should very much appreciate the honour of being a "Fellow" of your "Readers' Club." The motto, "One may help many," is a good one. I am going to see what I can do, through your Magazine, for the benefit of humanity. I have been a Physical Culturist under your system for five months. Before, I was a victim to constipation, and used Epsom salts to purge me.

I am a Civil Servant, and during last summer I had to take up a temporary position for four months at Cromer. During my stay I had a conversation with some friends on Physical Culture. Curiosity led me to purchase a book that was mentioned, called Sandow's "Strength, and how to Obtain it." Before I had finished it I determined to try and see what Physical Culture would do for me. Not what muscles it would make; not what weight I should be able to lift; but for the sole benefit of my "health." First, I did the exercises without Dumb-bells. Then I did them with rolls of paper in my fists. Afterwards I purchased a pair of Sandow's Grip Dumb-bells. A month later I purchased a Sandow's Developer. I bought books and magazines, and I studied the subject, and I am still doing so. I have a cold sponge daily, and I am a Vegetarian.

Being a Church worker and a member of the "White Cross League," it struck me some time ago very forcibly, that to assist the White Cross League in its work of purity would be to turn the members' minds towards Physical Culture.



The Army Headquarters Gymnastic Staff (the finest military athletes in the world) are now hard at work on some very fine display pyramid effects they will introduce at the Great Olympia Display this Spring.

I suggested it, and the idea "caught on." At first we started with about ten members, and now it has more than doubled itself in four weeks. At every meeting we have new members to enrol. It is governed by committee, with the Vicar as president. They have appointed the Vicar and myself instructors. The Vicar gives instruction in the bar-bell exercises. I give instruction in the dumb-bell exercises. No doubt many readers of your valuable Magazine are anxious to assist in regenerating our national life, and to assist in lifting men to a higher position both morally and physically. Now, anyone who is connected with a church has excellent opportunities, as will be seen from what I have said. Therefore I hope that the idea will take hold.

Nobody knows what a great amount of good can be done until we try. Then let us try. The harvest is great, but labourers are few.

Hoping you will make me a "Fellow" of your Readers' Club. I shall look anxiously for next week's issue. In the meantime I remain, yours for health,

Friend Sykes.

Bolton Readers, Please Note.

486, Halliwell Road, Bolton.

Dear Sir,—I have read your valuable Magazine with great interest, having always found it to be interesting and instructive. It is about sixteen months since I started physical culture. I was walking home from my work one Saturday when I chanced to see one of your magazines in a shop window. On the impulse of the moment I bought the magazine, and after reading it I decided to become a physical culturist, but as luck would have it I was ill for the following fortnight with my old complaint—rheumatism. I was also subject to sick headaches; I might also say that at the same time I was under medical treatment for weak knees. Having bought a pair of dumb-bells I worked on the exercises given in your book, "Strength, and How to Obtain It," and I am glad to say that during the whole time that I have been exercising, I have only had one sick headache, and my rheumatism has completely disappeared. My knees are also getting stronger every day. We have started a physical culture club in Bolton, and I shall be pleased if the Bolton readers of your valuable magazine will write or call upon G. Needham, 486 Halliwell Road, Bolton, or at the club-room over Whewell's, the printers, Bank Street, any night, from 7.30 to 9.30.—Yours respectfully,

G. Needham.

"Anyone who devotes himself to intellectual pursuits must allow his body to have motion, and practice gymnastics."—Plato.

"Health is the vital principle of bliss, and exercise of health."—Thomson.

"He who is *firm in will* moulds the world to himself."—Goethe.

"Health is a thing to be attended to continually. There is no achievement in the world that is equal to perfect health."—Carlyle.

"The arms and shoulders are the medium through which the chest receives all its exercise."—Maclaren.

IN CITY ATTIRE.

The Physical Culturist in the City.

SOME years ago a friend of mine who was a great authority on horse-racing and breeding, invited me to join him on a visit to one of the largest racing establishments in the South of England. I demurred at first, for although I love the magnificent quadruped itself, I must confess that I had then a somewhat pronounced prejudice against "horsey" men, especially against those associated with "the sport of kings." I associated them always in my mind's eye with loud check suits, big, aggressive cigars, and a vocabulary which, though not classical, was "painful and frequent and free."

My friend quickly divined the cause of my disinclination to join him.

"Come with me and get a surprise," he said. "There are racing men and racing men."

And there are. I expected to meet a trainer able only to talk horse, and not particularly choice in the selection of his adjectives.

Instead, I met a refined type of old English gentleman, thoroughly conversant with the events of the day, and apparently oblivious to the fact that his stable sheltered a quadruped which at that moment was a greater interest to thousands of people than their mid-day meal—a Derby favourite.

Mr. Eggleton's magnificent chest development.

When my friend, however, *did* inveigle him on to *his* favourite subject, it became at once evident that our friend, the trainer, had not neglected his own affairs to immerse himself in those of a more general character.

But in manner, appearance, conversation, and every imaginable way, he gave the lie direct to the mistaken opinion I had formed.

When I first met Mr. T. F. Eggleton, my former experience came back to my mind. Here was one who was a gentleman

first, a strong man afterwards. Clad in irreproachable City garb, his well-proportioned figure and erect yet elastic carriage showed that it was not so much the generally denounced top-hat and frock coat that hurt the æsthetic eye as the men who wear them.

Even in those emblems of financial and commercial respectability, Mr. Eggleton's depth of chest and breadth of shoulders could not escape, but few could guess at

Note the finely set-up appearance of the Physical Culturist in city attire. Do you recognise the man on the cover in this dress?

the magnificent arm and limb development of this smiling young giant.

Nor did Mr. Eggleton find it necessary, as aspiring young Sandow's sometimes evidently do, to grasp my hand in a vice-like squeeze on being introduced.

We talked, of course, of physical culture, and of army gymnastics (for Mr. Eggleton is an old army instructor), but Mr. Eggleton assured me that he found even greater interest in his present work at 17, Basinghall Street, E.C., where the Sandow treatment of illness by correspondence claims his undivided attention.

Certainly, "curative physical culture," as it is known, is tremendously popular at present, and the cures by the Sandow methods have been most remarkable.

Mr. Eggleton has been a physical culturist as long almost as he remembers. He joined the 1st King's Dragoon Guards in 1893, when the regiment was stationed at Norwich. The usual recruits' course occupies a period of eighteen months, but young Eggleton was enthusiastic and apt, and he "finished" in just over the twelve months. Six months afterwards, he became a lance-corporal, and was sent to Aldershot for the course of gymnastics that would qualify him for a gymnasium instructor.

At the end of his course he passed his physical examination with flying colours, gaining an extra first-class certificate for gymnastics, and was one among the few men retained for a course of fencing. He took an extra first at the concluding examination, and then returned to his regiment as corporal and gymnasium instructor.

In 1897, he purchased his discharge and obtained an appointment as instructor at the Sandow School in St. James' Street. In 1901 he became manager of that establishment, and in 1905 he took up an important position at the correspondence department, No. 17 Basinghall Street, E.C.

Mr. Eggleton has a remarkable athletic history. He has won many rowing successes for the Finsbury R.C., pulling as stroke in the "fours." He has been a footballer, a cricketer, and a cyclist, and has taken prizes for boxing, fencing, wrestling, and other phases of sport.

For the benefit of the readers of the Sandow Magazine, it may be stated here that Mr. Eggleton is a great believer in the cold bath after exercise. As a cyclist, he rides a machine geared to 100. He is a splendid specimen of the *men sana in corpore sana*, and as an instructor and adviser, his services cannot be too highly prized.

To Readers.

Some of you may be most severely handicapped by such ailments as indigestion, constipation, insomnia, loss of vigour and other nervous and functional disorders.

It is vitally important in such cases to first eradicate these ailments under such skilled direction as is obtainable under the Sandow Curative System, which can be carried out in your own room without interference with your everyday life, and at a cost which places it within the reach of every reader.

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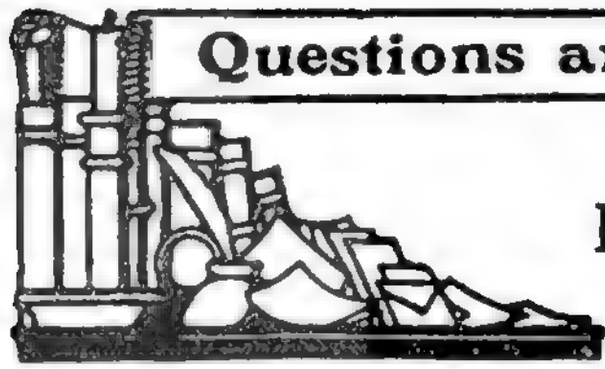
Write for a gratis copy, post free, to EUGEN SANDOW, Post. Inst. Dept. S., 17, Basinghall Street, London, E.C.



Questions and Answers

— AND —

Hints from Sandow.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I CANNOT *prescribe courses here. All communications relating to instruction by post should be addressed to me at* BASING HOUSE, BASINGHALL STREET, E.C., *and these will receive prompt attention. Ordinary replies cannot be answered by post.*

Asthma and Cold Catching.

"A CLERK" (BRITON FERRY, SOUTH WALES) writes: As a reader of your delightful and educative "Mag.," and a Physical Culturist of about three months, may I ask you if you would please write an article, or, failing your good self, would you obtain an expert medical physician to do so, on "Asthma"; and also, if possible, an article on "Colds—how to avoid them—and how to get rid of them." If you have such articles in back numbers of your "Mag." would you please send me copies of same, but please, at the same time, give me a few hints as to Asthma in your "Questions and Answers" pages.

I have been a martyr to asthma, but am now nearly free from its dreadful grip, with the exception that I am a sufferer from one series of colds on the chest (never too unwell to perform, in some shape, my daily toil, but yet never in the pink of health), as the result of being slightly asthmatical. I have not had a nasty attack of asthma for about nine months, but would wish that I could finally rid myself of it, thus ridding myself of these troublesome colds.

I use the Developer each night and morning, and the good has already begun to show. I might inform you that the scathing remarks you answered "J. M." (Birmingham) in your January 11th, 1906, number do not apply to me, as I am a fresh-air champion, fairly moderate eater, perform breathing exercises, bathe my chest, and observe all the "tips" given in your "Mag.," but write you this in the hope that you will give me a few more "tips" as to how to avoid colds and how to get rid of slight colds on the chest, and trusting that your good self will see your way to write these articles I suggest.

Do you consider that, with a little hard work by exercising, fresh air, and breathing exercises, I will get rid of these colds, or will my constitution always be weak, as the great ambition of my life is, when I am 24 or 25 years of age, to go to either Japan or China. I am certain of a position in either of these countries.

I have read your delightful book, "Body Building." Is there a standard cheap work on "Asthma, and its Cure?"

I have continually a number of pimples on my face and arms which, I think, indicates that my blood is not too good. What do you recommend for my blood?

Plasmon Cocoa is simply splendid. I am afraid that your Curative Treatment is beyond me.

My age is 19 next May, 1906.

Answer: You are undoubtedly on the way to self-cure, seeing that you are already able to report after three months, "The good has already begun to show." Persevere. Asthma is a very difficult ailment to eradicate. As your strength (chest) and breathing powers increase, you will gradually get the better of the asthma, and your tendency to cold-catching will also be diminished and, in time, cured. You must not expect the best results too quickly. You must bear in mind that you must allow Nature time to do its work, however able your assistance. If you broke your leg you would not expect the bone to re-unite in a few weeks; and, to alter the structure of your chest and to rebuild stronger lungs, takes considerably longer time under most favouring circumstances. See "Colds" article in issue of November 30th, pages 601 and 602.

Feels the Cold.

J. K. (LONDON, E.) is troubled because, while exercising with windows open, he is cold.

Answer: The beginner should not expect to be inured to so severe a test of robust health as exercising in the nude with window wide open, especially if he feels the cold. Wear a pair of flannel trousers and a singlet or sweater.

Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131, Temple Chambers, E.C.

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